

Tibet overland tour

Langtang Kailash Manasarovar

17 May – 6 June 2020



We will cross the Nepal border via Langtang, circumambulate Mt. Kailash as well as Lake Manasarovar. All this during May when the influx of tourists is at its lowest which will allow for even greater contact with the place.

Holy Mount Kailash

The most sacred mountain in the Tibetan Buddhist world is also considered by many to be the centre of the universe. Uncannily symmetrical, this remote and remarkable peak is located in the far west of Tibet, 1200 km from Lhasa. Mt. Kailash (6714m) is not only geographically one of the most important mountains in Asia, it is also in proximity to the source of four major rivers, namely, the Indus, Sutlej, Karnali and Tsang Po which nourish Asia with water. In Sanskrit Kailash means 'luminous crystal'. Hindus believe Mt. Kailash to be the abode of Lord Shiva and his wife Parvati. Tibetan Buddhists call the mountain Kang Rinpoche, the 'Jewel of Snow', and regard it as the body mandala of Korlo Demchog and his consort, Dorje Phagmo (Chakrasambhava and Vajra Varahi). A pilgrimage to this great sacred and magical landscape is the most precious of pilgrimages for both Tibetan and Indian people, a journey they hope to experience at least once in a lifetime.

Manasarovar Lake

Just as Mt Kailash, Manasarovar lake is held sacred by buddhists, hindus, bons and jainists. It is regarded as the female principal and represents the wisdom aspect, meanwhile Mt. Kailash represents

the male and Diamond (Vajra) aspect. In Hindu tradition Lake Manasarovar is regarded to be the spirit of Brahma where all life is being born. The Sanskrit word Manasarovar is the union of the words “Manas”, meaning mind (in the wider sense, hence including perception as well as consciousness etc.) and “Sarovara” meaning lake. It is believed for the lake to be the personification of purity and that those who drink its water will rest in Shiva’s abode after death.

Langtang

Wonderful trek that allows to get in touch with beautiful landscapes and local cultures (Tamang, Yolmo and Bhotia). It is the third most important trek in Nepal after Everest and Annapurna. From a religious and cultural perspective, the whole valley is imbued in Tibetan Buddhism, furthermore we will visit Gosainkunda lake which, according to Hindu texts Bhagavata Purana, Vishnu Purana, Ramayana, Mahabharata, was created by Shiva by hitting the ground with his trident in order to quench his thirst after drinking poison.

Expedition or Inner Purification:

All trips to Mt. Kailash have expedition character. Long drives on dirt roads require a lot of patience, tolerance and little expectations. In return we will see some of the most untouched and beautiful landscapes and we are likely to meet genuinely nice people. Seen as a pilgrimage, the vast open spaces encourage deep personal inner experiences. Therefore, certain undigested events may (and probably will) suddenly pop up in the mind. Consequently, this journey is generally quite the opposite of a usual holiday or trek, where one seeks to forget about home and past. The journey tends to retrieve memories and you may find yourself taking a conscious look at events in your life and realise how much one is connected with everything.

The Standard Tour: Covers all necessary needs and leaves space for more privacy, without missing out on any of the important sights along the way. Federico and your Tibetan guide will take care of all arrangements; accommodation and entrance fees are organized and paid for.



Tour guide: Born in 1987, Federico has been travelling since 2008. Since 2016 he has been living between India and Nepal, where he led small groups outside the most beaten tracks and collaborated with local NGOs as project manager. Karma Kagyu practitioner since 2014, mountain lover, immediately fell in love with the amazing landscapes and atmospheres of the Mt. Kailash and Manasarovar lake area. He looks forward to supporting others in their personal experience of such places.

Tour Operator: Roger Pfister, Swiss, born in 1960 lives in Boudha, Kathmandu since 1995. During this time, he founded and managed Snowjewel, a travel agency focused in expedition-like tours in remote areas of Tibet and Bhutan. Buddhist practitioner, he spent long times in retreat within the Vajrayana and Theravada traditions. Snowjewel has taken over 2900 people to Mt Kailash plus many others in Nepal over 24 years. During this time no major accident has occurred thanks to carefully planned itineraries that take into consideration the ever changing circumstances and altitude effects.



Group Size: Minimum 7, maximum 15 people.

Duration: May 17th – June 6th 2020.

Price: 2650 Euro (at a rate of 7,5CNY to the Euro)

Single room mark-up 430 Euro (only guaranteed in 90- 95% of the places)

Included:

- All overnight accommodations (double room/ dorms during koras)
- Private transportation
- Western guide, Tibetan guide, Nepali guide
- All expenses related to permits and entry fees
- Porter during Langtang trek (6kg max)

Excluded:

- visa fee for Tibet 114\$;
- visa for Nepal 30 days multi entry 50\$;
- All cost for food,
- Flight tickets in and out Kathmandu
- Airport transfers (10\$)
- Single room option (available in 90-95% of places) – 430 EUR
- Tibet porter ca 50EUR/day for 13kg max
- Horse and horse driver for personal ride during Kailash kora – about 80 EUR/day
- Personal expenses
- Insurances
- Tips and gratitudes

Of course we cannot determine or foresee your spending behaviour however with a moderate way of spending, to cover food and drinks (no alcohol) you will need about:

- 100/150 CNY/day in Tibet (ca 13/19 EUR)
- 2000/2500 NRS/day in Langtang (ca 16/20 EUR)

ITINERARY DESCRIPTION

LANGTANG – MT KAILASH – MANASAROVAR LAKE

21 days – 2650 euro (min 7 pax, max 15)

Key Dates

- **May 17:** Last possible arrival date in Kathmandu; hand over of passport, passport photos and documentation to Snowjewel office. It is strongly advised to arrive one day before that, May 16th.
- **June 06:** First departure date. It is advised to spend one more day in town and rest.

Itinerary

- Day 1: Passport, photos and docs handover to Snowjewel office before 4 pm - GH
- Day 2: Kathmandu – Langtang - Acclimatisation / Tea house
- Day 3: Langtang - Acclimatisation / Tea house
- Day 4: Langtang - Acclimatisation / Tea house laribinayak (gosaikund)
- Day 5: Langtang - Acclimatisation / Tea house (singompa)
- Day 6: Kyirong / H.
- Day 7: Paryang / G.H.
- Day 8: Darchen/G.H.
- Day 9-11: Kailash Kora / trekking / G.H.
- Day 12: Kailash Kora / Darchen / G.H.
- Day 13: Drive to Manasarovar and rest
- Day 14-17: Manasarovar Kora
- Day 18: Saga / G.H.
- Day 19: Saga – Kyirong – Rasuwa - Kalikastan.
- Day 20: Kalikastan - KTM – 3* hotel.
- Day 21: Breakfast and end of service

Detailed itinerary

- Day 1:** Welcome to Kathmandu! Passport and docs handover to Snowjewel office by 4pm for permits and bureaucratic procedures to be taken care of. Group meet-up to know each other and get ready. We will sleep in a monastery GH nearby. Airport pick-up available 10\$.
- Day 2:** Early morning 5AM transfer by private transport to the Langtang area near Nepalese border, 134km, 6-7h drive, after lunch break 3,5-4,5 h walk up the mountain to 3300m. Tea house trek.
- Day 3:** Rest and acclimatisation day late afternoon walk 1,5 h up to 3900m.

Day 4/5: During these two days we offer short treks, so that one can adjust to the altitude or simply rest and acclimatise. During day 5: afternoon, trek down to 3300m in about 1 h.



Day 6: Early morning 5 AM 3,5h trek down to where we meet with our Bus/Car which will take us Rasuwa border 1,5 h drive. After crossing the border, we meet up with the Tibetan Guide and driver. We begin our overland journey in Tibet to Kyrong 2820m 1h drive, with a marvellous view over the Himalaya. We stay the night in a simple Hotel.

Day 7: 8h drive from Kyrong via Saga to Paryang (4560m). We cross over a pass of 4800m and will enter the high desert of western Tibet. We pass Paryang with a nice Himalayan view in the grasslands. Through the most beautiful landscape to Paryang simple /pilgrim guesthouse. (no bath)

Day 8: 5-6h drive to Darchen (4560m). We rest before the beginning the kora. Public bath.

Day 9-10: Begin of the Kailash kora. First, the trek brings us to Tarpochen, the so-called centre of the universe, and continuing along we pass Chuku monastery (those who have lots of energy can go for a short visit). After a 6-7h casual walk, we will stay just below the north face of Mt. Kailash near Dirapuk monastery (4900m) where we have one full rest day for acclimatisation. During the rest day we will have time to do some side excursions to the north face for two hours and/or to Dirapuk monastery where we can find a small cave in which the famous yogi Gyalwa Gotsangpa practiced meditation for a long time!

Day 11: Now the heart of the kora begins. We slowly start to walk up to the Tara-Pass/Drölma-La (5630m) where we have a break before we descend to the valley. From here we trek all the way down to the Zutulpuk monastery (4790m). This will be a solid 8h hike and we will need all the energy reserves we have built up from the rest day before.

Day 12: Last the easy part is coming, we walk 3-4h to Darchen where we have lunch in a simple restaurant and take a shower (public shower). Afterwards we can relax in the Guest house.

Day 13: Drive to Manasarovar lake. Rest day.

Day 14-17: Lake Kora. Difficult to put into words, here some pics



Day 18: Time to head back. Long drive to Saga, we will sleep in a hotel.

Day 19: Saga 5h – drive to Kyirong, we descend the high desert and enter the green. In Lower Kyirong/Rasuwa we leave the Tibetan crew and cross the border and walk one kilometre to our GH in Kalikasthan, Nepal.

Day 20: 7-8h drive to Kathmandu where we will sleep in a 3-star hotel nearby Boudha's Stupa.

Day 21: End of service after breakfast. If you wish to arrange airport transport or extend your journey, please let us know.

General Information

Please Note

- We will not be responsible for extra cost incurred due to force majeure, including but not limited to landslides, road blockages and other weather-related or international/local political problems.
- You are responsible for your own health. Our arrangements are designed to allow sufficient time for acclimatisation and based on 24 years of experience.
- Accommodation will occasionally be in shared rooms (small dormitories). During the Kailash kora accommodation will be very simple. We assume your preparedness to share rooms/tents with others, regardless of gender.

- We reserve the right to increase the tour price should the Euro in relation to the Chinese Yuan (RMB) or the US Dollar (USD) depreciate significantly.

Visa and Passport Information

Visa Nepal

Is best applied upon arrival in Nepal. You will need a passport photo. For your first entry in a calendar year you get a 30 day or 90 day multiple-entry visa valid from the date of entry. The visa costs US\$ 50 or US\$ 125, respectively.

Tibet Group Visa

Will be obtained in Kathmandu. For this, we need one passport photo and a filled in Visa form. Visa- Fee US\$ 114 in cash, payable upon arrival when handing over the passport. (US citizens must pay US\$ 198 Canadian 156\$.)

Passport Validity; Minimum 6 months from date of entry.

Final remarks and suggestions:

- It is advised to arrive a bit earlier in Nepal in order to tune into the environment. In order to do this you can either:
 - Join the Helambu+Kathmandu trip with Federico 8th - 16th May - contact Snowjewel
 - Contact Snowjewel for alternative Nepal programmes
 - Contact Snowjewel to arrange room bookings in a Monastic GH (Single 20\$ Double 28\$). Airport transfer 10\$
- It is advised to spend one or two more days in Kathmandu after the Tibet trek in order to settle and relax before heading back. Contact Snowjewel for related arrangements.

Contact Information: Roger Pfister, Snow Jewel

P.O. Box 7003, Boudha, Kathmandu, Nepal

Phone: 00977-1-448 23 51 / Mobile Nepal: 00977-9851 021 989

Email: roger@snowjewel.com Webpage: www.snowjewel.com

Tour guide Federico travelwithfede@gmail.com



May all beings be happy!